

**AMENDMENTS TO THE SPECIFICATION**

Please INSERT the following heading and paragraph after the TITLE OF THE INVENTION on the first page of the Specification in the published PCT application as follows:

**CROSS REFERENCE TO RELATED APPLICATIONS**

This application is a U.S. National Stage entry under 35 U.S.C. § 371 of co-pending International Patent Application No. PCT/NO2003/000358, filed on October 28, 2003 by HALSNES, Odd entitled EXHALATION SYSTEM, the entire contents of which is incorporated by reference. As in the parent International Application No. PCT/NO20003/000358, priority is also claimed to Norway Patent Application No. 20025231, filed on October 31, 2002, the entire contents of which is incorporated by reference and for which priority is claimed under 35 U.S.C. § 119.

Please INSERT the following new heading after the TITLE OF THE INVENTION and CROSS REFERENCE TO RELATED APPLICATIONS section on page 1 of the Specification as follows:

**BACKGROUND**

Please INSERT the following new heading before line 17, page 2 of the Specification as follows:

**SUMMARY**

Please INSERT the following new heading and paragraph before line 7, page 3 of the Specification as follows:

### DESCRIPTION OF THE DRAWING

FIG. 1 depicts an embodiment of a helmet with chin guard and exhalation system.

Please INSERT the following new heading after the “DESCRIPTION OF THE DRAWINGS” heading and before line 7, page 3 of the Specification as follows:

### DESCRIPTION